

CHECKLIST FOR FOOD SAFETY FOR NEWLY DIAGNOSED CELIACS

For all food - check packaging according to the labelling guidelines found at [Canada Food Inspection website](#) or in the [Canadian Celiac Association](#) Pocket Dictionary Page 7 & 8.

Things to check	How to check
Food, Beverage & Miscellaneous	
Snackfood, bars	Check packaging according to label guidelines
Spices	Check packaging according to label guidelines
Tea	Check packaging according to label guidelines
Snackfood	Check packaging according to label guidelines - surprising amount of snack food is GF
Grains, Nuts, Seeds, beans	Highest risk of cross-contamination, best to buy products that are gluten-free. Check packaging according to label guidelines
Gum, Candy	Check packaging according to label guidelines - surprising amount of junk food is GF
Marinades, curry paste	Check packaging according to label guidelines
Cheese	Watch for specialty cheeses with the potential for beer or other gluten added. Cheese cut at deli counter is a risk, as cutter may have cut gluten containing products. Best to buy packaged cheese unless the cutting machine is dedicated and gluten-free.
Deli, Bacon	If cut at deli counter may be contaminated on the slicing machine, buy the packaged slices - most say GF now
Kitchen	
Frying pans	Easier to get your own that you wash with your own sponge and use for GF only. If sharing always watch for scratches.
Pots	If not scratched on the bottom, can share but run through the dishwasher after each use of non-GF food
Baking Sheet	Either get your own or make sure covered with parchment paper or tinfoil when using. Wash oven mitts regularly if shared.
Utensils	If plastic or wood can get scratched or dented and hide gluten. Get metal or silicone and ensure cleaning with hot soapy water or a dish washer after each use.
Colander	Get your own
Cutting Board	Get your own
Toaster	Have your own or use toaster bags (if don't use toaster often)
Barbecue	Get silicone grill mats (these work the best by far!) or grill basket or grill on tinfoil - best brand of mats are KONA brand.
Water bottles	Older bottles ensure they are not scratched especially if plastic. If scratched, get new glass or metal bottles.
Oven	Do self clean or simply wipe it out. Take out racks and sponge down with hot soap and water in the bathtub to ensure they are clean. Convection ovens are not good ovens to be shared for gluten-free and gluten containing foods.
Storage Containers	Get a set of glass ones or your own new plastic ones that only you use. Mark yours clearly as "gluten-free".
Chop Sticks	Older, scratched plastic? - get new ones or get your own, or use metal ones

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Bakeries and Pizza Places	
Bakeries	<p>Use only dedicated gluten-free bakeries as gluten remains in the air for 24 hours and settles everywhere. As much as a bakery tries to have cleaning processes to reduce the risks, the risk of cross-contamination is too high.</p> <p>If gluten-free baking is brought into a regular gluten bakery, it must be covered or wrapped and should be placed on a top shelf away from other baking. Tongs and other utensils that touch gluten baking should not be used to handle anything that is gluten free.</p>
Pizza	<p>The risks of eating pizza where gluten pizza is made are very high, even if the pizza establishment uses gluten-free pizza crusts. If the pizzas are cooked in the same oven, if the same paddles are used to put the pizzas in or separate surface areas for cooking are not used, cross contamination will happen. Cooking the pizza in a separate pan, to avoid touching other surfaces may help.</p> <p>Unless you are sure that the establishment understands all risks of cross-contamination and they know for sure all ingredients are gluten-free (some meats used as toppings may not be gluten-free) you are best to make your own pizzas.</p>
Beauty	NOTE: Unless ingested, gluten is not a problem in beauty products unless you have a sensitivity.
Toothpaste	Company website or call or email manufacturer
Mouthwash/floss	Company website or call or email manufacturer
Hair Products	Check packaging or company website or call or email manufacturer
Foundation/make up/skincare	Company website, skinsafe website www.ewg.org/skindeep/
Lip products	Company website, skinsafe website, but apparently don't have to worry about this one anymore the amounts are small enough... www.ewg.org/skindeep/
General	Skinsafe website www.ewg.org/skindeep/
Medical	
Prescription drugs	Check with pharmacist or www.glutenfreedrugs.com
Pain relievers	www.glutenfreedrugs.com
Cold/flu/allergy medicine	www.glutenfreedrugs.com
Dental fluoride	Check packaging or company website
Earthquake and medicine travel kits	Check www.glutenfreedrugs.com and meds in these. Check the food in these kits as well as they may contain gluten.